

**Donald I. Galen, M.D., FACOG**

***Minimally-Invasive Gynecology***

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**PRE-SURGICAL INSTRUCTIONS**

Dr. Galen and his staff wish to make your surgical experience as comfortable and convenient as possible. The following is a list of very important instructions for you regarding your upcoming surgery. If you have any questions, please do not hesitate to call us and we will assist you in any possible way. You may contact us at (925) 570-1331 or at (925) 785-5250.

- DO NOT** eat or drink anything, including water, after midnight prior to your surgery
- Please make arrangements for transportation to and from the hospital. You will not be able to take a bus or taxi home from the hospital
- Discontinue taking aspirin or non-steroidal anti-inflammatory drugs such as Motrin, Advil, Vitamin E or prescription anti-inflammatory drugs 10 days prior to surgery. Discontinue taking any dietary supplements or herbal supplements 14 days prior to surgery.** You can take Tylenol prior to surgery, or other medication(s) as prescribed by me
- Please remove all nail-polish, rings and body piercing prior to your procedure
- Call to set up your pre-operative registration, any necessary EKG or laboratory tests, etc.

**SURGERY DATE:** \_\_\_\_\_

**CHECK IN TIME:** \_\_\_\_\_

**SURGERY TIME:** \_\_\_\_\_

**Post-op Appointment with Dr. Galen:** \_\_\_\_\_

**Estimated surgery length: 1.5-2 hours**

**Estimated recovery length: 1-3 hours**

**DATES AND TIMES OF SURGERY ARE SUBJECT TO CHANGE**